

CEASE AND DESIST LETTER FOR HARASSMENT

To: _____ [Full Name of Harasser]

Address: _____ [Full Address of Harasser]

Date: _____ [Date]

Dear _____ [Full Name of Harasser],

This letter serves as a formal Cease and Desist demand against your continued and unwelcome conduct, which constitutes harassment under applicable U.S. laws. Your actions have caused, and continue to cause, emotional distress, fear, and disruption in my daily life.

The following conduct has been observed and documented:

_____ [Detailed description of the harassment—include dates, locations, communications, witnesses, etc.]

This behavior is unlawful and may constitute harassment under both federal law (including Title VII of the Civil Rights Act, where applicable) and relevant state statutes prohibiting stalking, threats, and harassment. You are hereby ordered to immediately stop all forms of contact, whether direct or indirect, including but not limited to:

- Physical proximity or presence at my residence, workplace, or places I frequent
- Phone calls, text messages, emails, or social media contact
- Contacting my family members, friends, colleagues, or employer
- Any behavior intended to intimidate, harass, follow, surveil, or threaten me

Should you fail to comply with this demand, I reserve the right to pursue all available legal remedies without further notice to you, including but not limited to:

- Filing a police report and seeking a restraining or protective order
- Initiating civil proceedings for damages caused by your conduct
- Reporting your actions to your employer or the relevant authorities

Please govern yourself accordingly and take this notice seriously. You are not to contact me again in any form from the date of this letter onward. I recommend that you retain legal counsel to understand the gravity of this matter fully.

Keep in mind that any future incidents may be used as evidence in a court of law.

Sincerely,

[Your Full Name]

Address: _____ [Your Address]

Phone: _____ [Your Phone Number]

Email: _____ [Your Email Address]

This letter is sent in good faith and with the sincere hope that no further action will be necessary. However, failure to comply will compel me to escalate the matter legally.

This template is provided for informational purposes only and does not constitute legal advice. You should consult a qualified attorney licensed in your jurisdiction for advice tailored to your specific situation and applicable state laws.