

Date:
Your Name:
Your Address:

To:
Name:
Address:

Subject: Cease and Desist Letter for Harassment

Dear ,

This letter is to formally demand that you immediately cease and desist all harassment against me. Your actions, including but not limited to , are unwanted and unlawful. Such conduct has caused me distress and is in violation of my rights.

Please be advised that if you do not stop your harassing behavior immediately, I reserve the right to take appropriate legal action to protect myself, including seeking a restraining order and reporting your conduct to law enforcement.

I request that you confirm in writing by that you will comply with this request.

Sincerely,

Your Signature:
Your Printed Name: