

# Cease and Desist Letter

Dear ,

RE: CEASE AND DESIST " STALKING OR CYBERBULLYING

I am writing to formally demand that you immediately cease and desist from any and all actions that constitute stalking or cyberbullying directed at me, including but not limited to unwanted contact, harassment, surveillance, or dissemination of personal information.

Your behavior has caused me substantial distress, interfered with my day-to-day life, and may constitute a violation of the law.

If you do not stop this conduct immediately, I will be forced to take appropriate legal action, which may include seeking a restraining order and reporting your actions to law enforcement.

This letter serves as your final warning. Please be advised that if your harassment continues, I will pursue all available remedies to protect myself.

Sincerely,