

From

Date: _____

VIA Certified Mail Overnight Mail Email Facsimile Other: _____

To

RE: Cease and Desist - Harassment

Dear _____:

This letter serves as notice to you to immediately cease and desist all harassing activities against and towards me, including but not limited to:

Your actions are unwanted, (Check all that apply) embarrassing annoying aggressive threatening other: _____, and have become unbearable to me. Your actions also infringe upon my right to remain free from harassment. As a result of your harassment, I have suffered: _____.

If you do not cease and desist the harassment, I will be forced to take appropriate legal action against you and will seek all available damages and remedies.

Sincerely,

Printed Name: _____

