

**[SENDER NAME]**

[Address] · [City, State ZIP] · [Phone] · [Email]

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May 21, 2026

[Recipient Full Name]

[Recipient Address / Username / Known Contact Information]

**RE: CEASE AND DESIST — ONLINE HARASSMENT AND CYBERSTALKING**

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Dear [Recipient Full Name or Username],

This letter constitutes formal legal notice that your conduct toward the undersigned constitutes online harassment and, in certain instances, cyberstalking under applicable state and federal law — including but not limited to the Violence Against Women Act (VAWA), state cyberstalking statutes, and Section 230 abuse provisions. You are hereby directed to **cease and desist immediately**.

**Description of Harassing Conduct**

Since on or about [Date], you have engaged in a persistent pattern of online harassment directed at the undersigned, including:

- Posting false and defamatory statements about the undersigned on [Platform(s)] under the username(s) [Username(s)];
- Sending repeated unsolicited and threatening direct messages via [Platform / Email / Phone];
- Encouraging third parties to harass, contact, or threaten the undersigned (coordinated harassment);
- Doxxing — publishing the undersigned's private personal information without consent;
- Impersonating the undersigned or creating fake profiles to damage reputation.

**Applicable Law**

Your conduct may constitute violations of federal law (18 U.S.C. § 2261A — interstate stalking/cyberstalking) and applicable state statutes. Defamatory statements made online may give rise to civil liability for libel. Doxxing and coordinated harassment may support claims for intentional infliction of emotional distress. We have documented and preserved all relevant posts, messages, and metadata.

**Demands**

You are hereby directed to, within **72 hours** of receipt of this letter:

- Permanently remove all posts, comments, and content targeting the undersigned from any public or private platform;
- Cease all direct and indirect contact with the undersigned through any medium whatsoever;
- Cease all efforts to enlist or encourage others to contact, harass, or threaten the undersigned;
- Preserve all communications, posts, and records related to your conduct — destruction of evidence may constitute spoliation.

### **Consequences of Non-Compliance**

Failure to comply with this notice will result in the undersigned pursuing all available remedies without further notice, including filing a civil lawsuit for damages and injunctive relief, reporting your conduct to relevant law enforcement agencies, submitting abuse reports and legal process requests to platform providers, and seeking a restraining order or protective order from a court of competent jurisdiction.

This notice has been documented and dated. All evidence of your conduct has been preserved and may be submitted in legal proceedings.

Sincerely,

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**[Sender Full Name]**

[Attorney Name and Bar Number, if applicable]

cc: [Attorney / Local Law Enforcement / File]

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DISCLAIMER: This document is a sample template for educational purposes only. It does not constitute legal advice and does not create an attorney-client relationship. Laws governing online harassment vary by jurisdiction. Consult a licensed attorney before sending any cease and desist letter.