

CEASE AND DESIST LETTER HARASSMENT

Sender's Information:

Full Name / Company: _____

Address: _____

Phone / Email: _____

Recipient's Information:

Full Name / Company: _____

Address: _____

Phone / Email: _____

Subject:

Cease and Desist Harassment

Dear Sir/Madam,

I am writing to formally demand that you immediately cease and desist from all forms of harassment directed towards me. Your continued actions constitute unlawful harassment under the Protection from Harassment Act 1997 and other relevant UK legislation.

Background and Details of Harassment:

Over the course of recent interactions, you have engaged in conduct that is unwelcome, persistent, and distressing. This includes but is not limited to repeated unwanted communications, threats, intimidation, and any other behavior that causes alarm or distress.

Legal Position:

Under the Protection from Harassment Act 1997, harassment is defined as a course of conduct that causes alarm or distress and which the perpetrator knows or ought to know amounts to harassment. Continued harassment constitutes a criminal offence and may give rise to civil remedies including injunctions and damages.

Demand:

You are hereby required to immediately stop all harassing behavior and any actions that may be construed as harassment. Failure to comply with this demand will leave me with no option but to seek legal remedies, which may include applying for a restraining order, damages, and reporting the matter to the police.

Record Keeping:

Please be aware that I am keeping detailed records of all incidents of harassment including dates, times, descriptions, and any evidence such as messages, emails, or witness statements.

Confidentiality:

This letter is sent without prejudice to my rights and claims and is intended to resolve this matter amicably and without the need for court proceedings.

Conclusion:

I urge you to take this letter seriously and govern yourself accordingly to avoid further legal action.

Yours faithfully,

Sender's Signature

Recipient's Signature

Signature: _____

Signature: _____

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