

Open pants, lower slightly; lift skirt

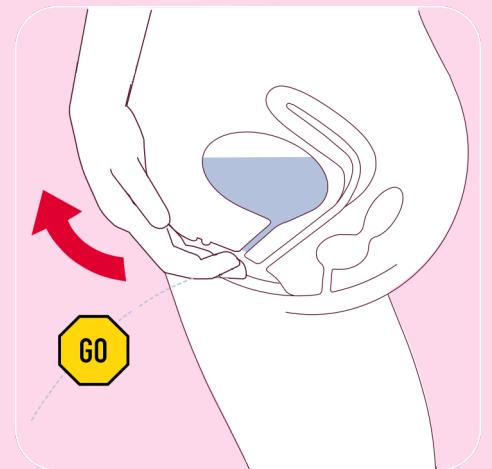
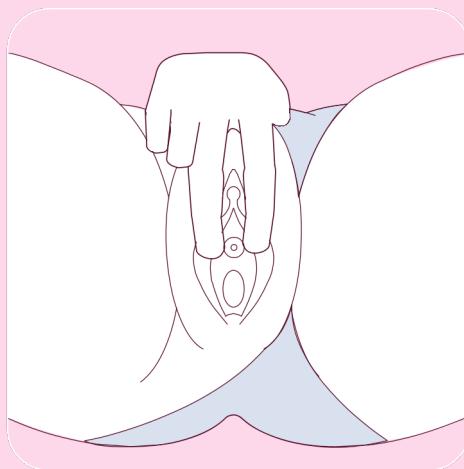
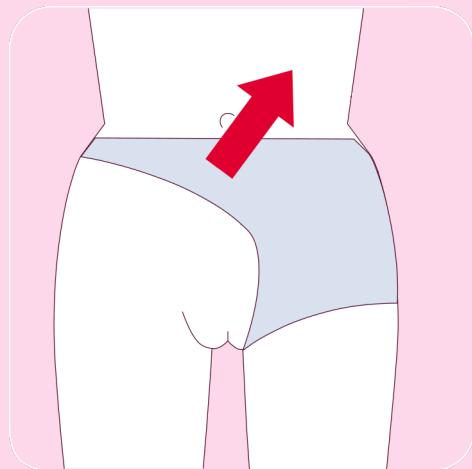
Feet about shoulder-width.



Adjust underwear.

Spread labia, apply pressure to both sides of the urethra

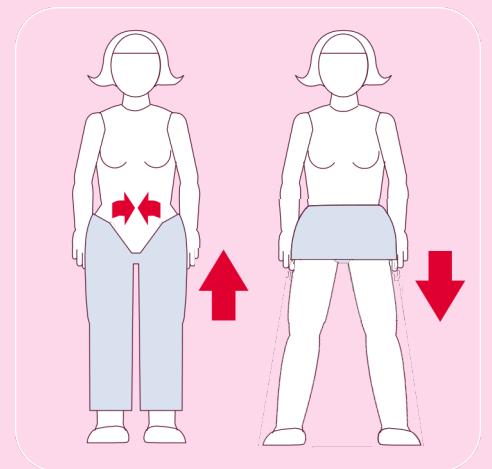
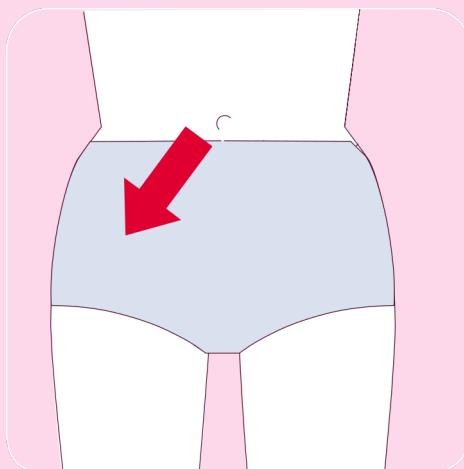
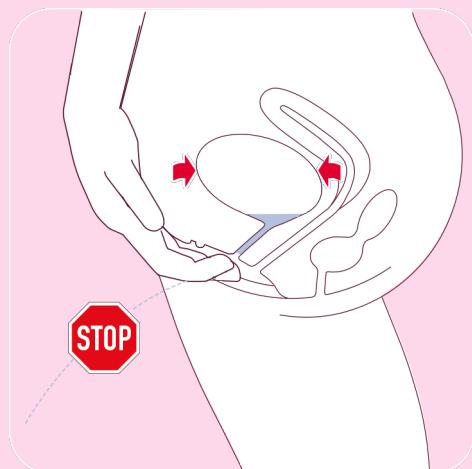
Pull forward slightly, tilt hips, pee.



Push hard, stop stream quickly.

Re-adjust underwear.

Close pants, pull down skirt.



Wash your hands.

Visit [stand2pee.us](http://stand2pee.us) to print this poster.



Artwork by Daniela Lengers