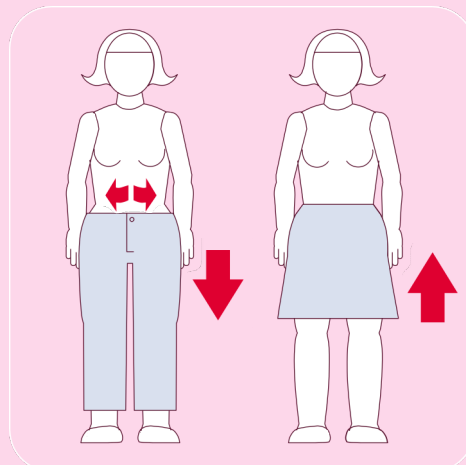


Open pants, lower slightly; lift skirt

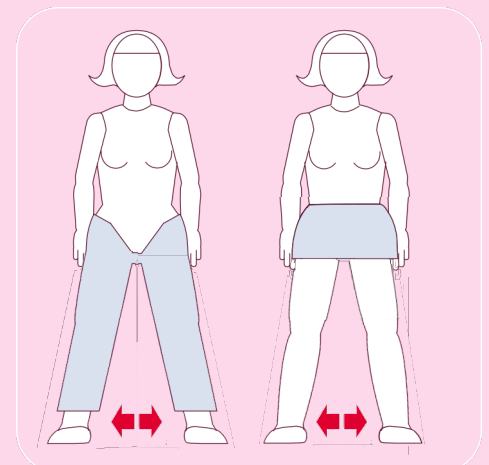
Feet about shoulder-width.



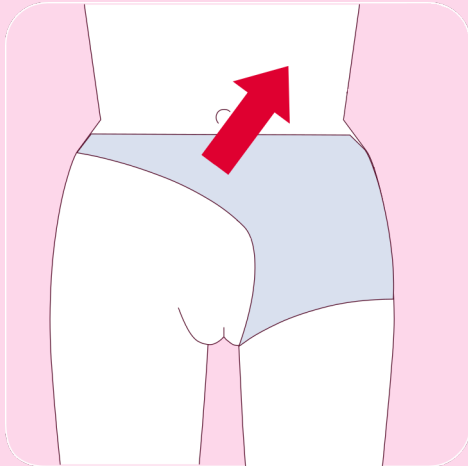
Adjust underwear.



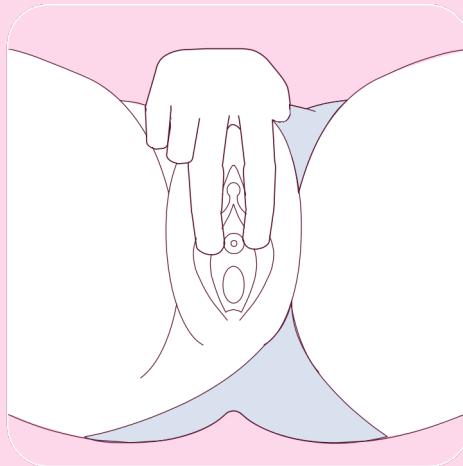
Spread labia, apply pressure to both sides of the urethra



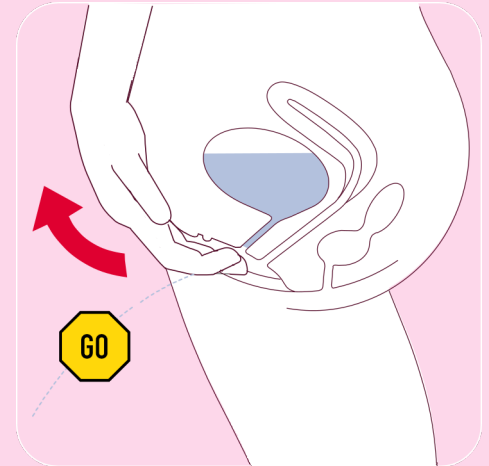
Pull forward slightly, tilt hips, pee.



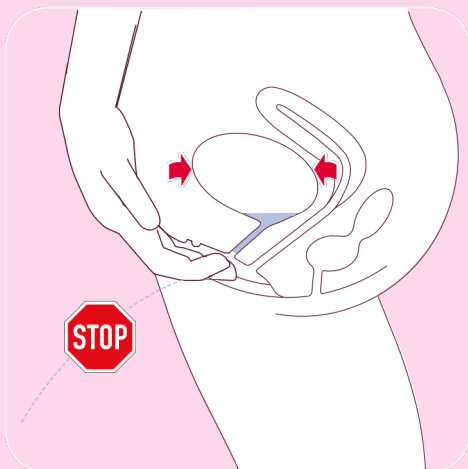
Push hard, stop stream quickly.



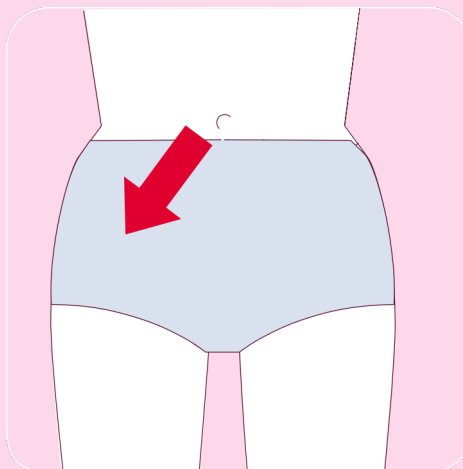
Re-adjust underwear.



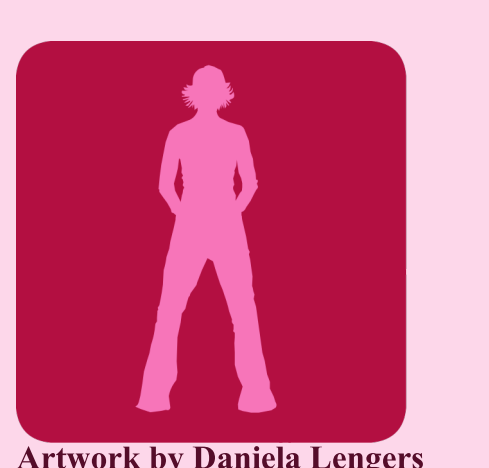
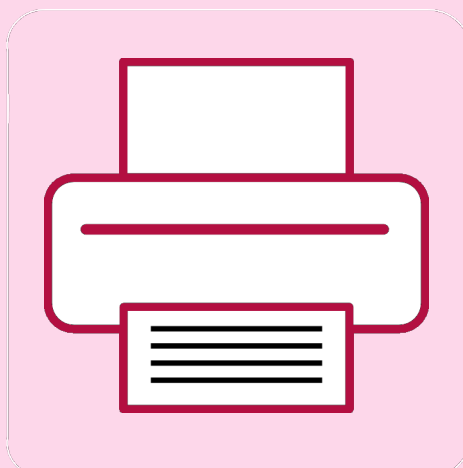
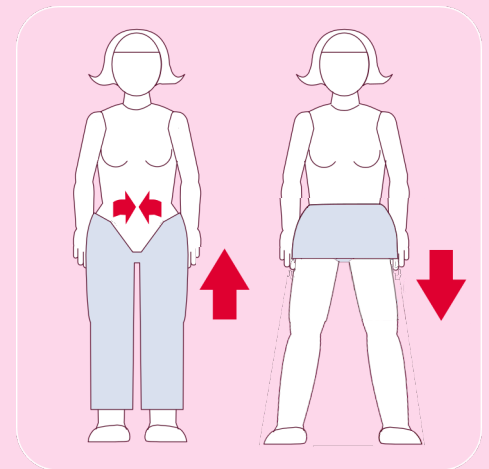
Close pants, pull down skirt.



Wash your hands.



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Artwork by Daniela Lengers