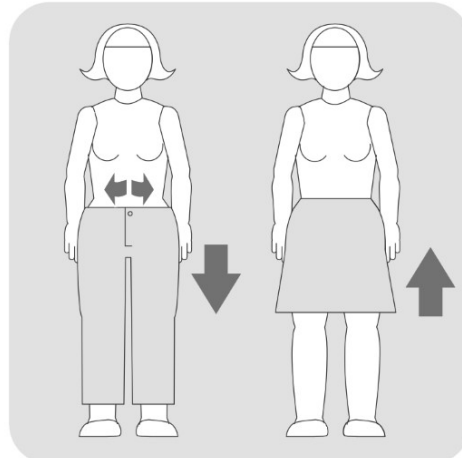


Open pants, lower slightly; lift skirt

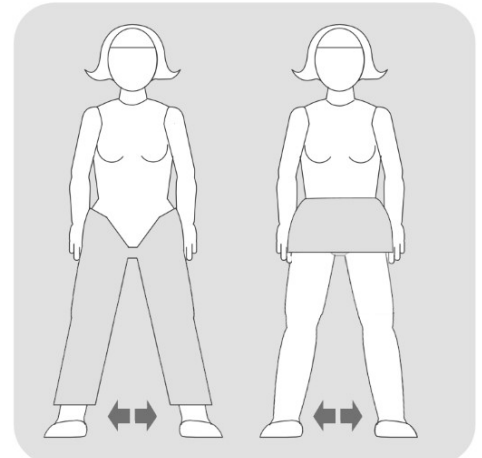
Feet about shoulder-width.



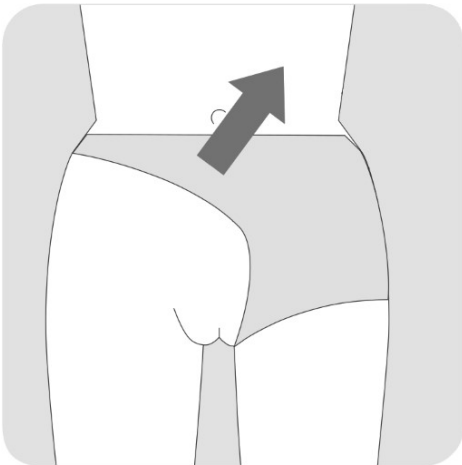
Adjust underwear.



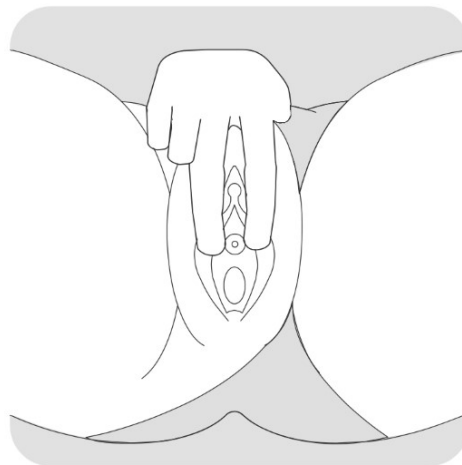
Spread labia, apply pressure to both sides of the urethra



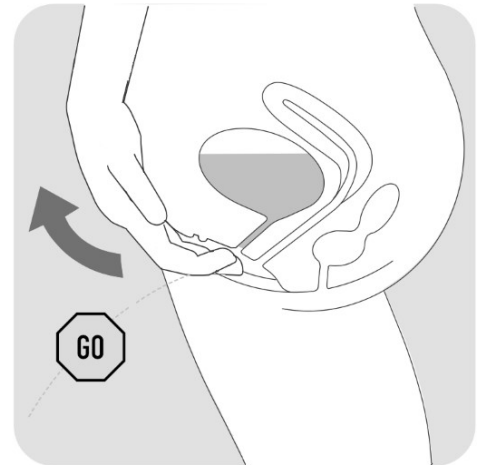
Pull forward slightly, tilt hips, pee.



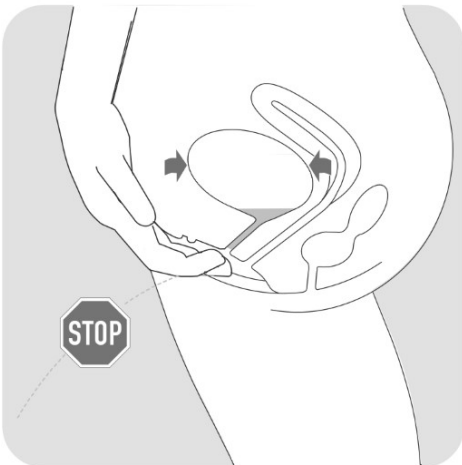
Push hard, stop stream quickly.



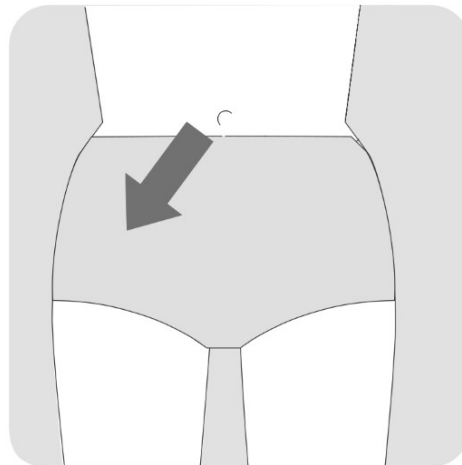
Re-adjust underwear.



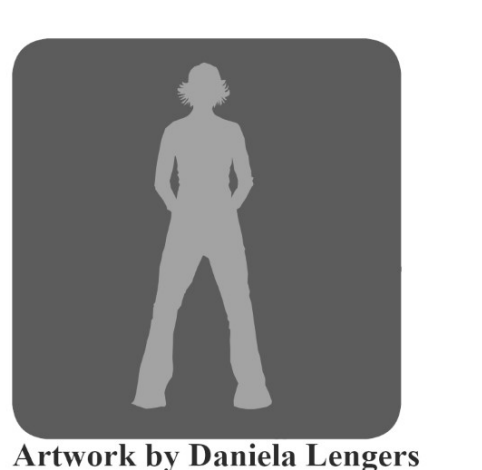
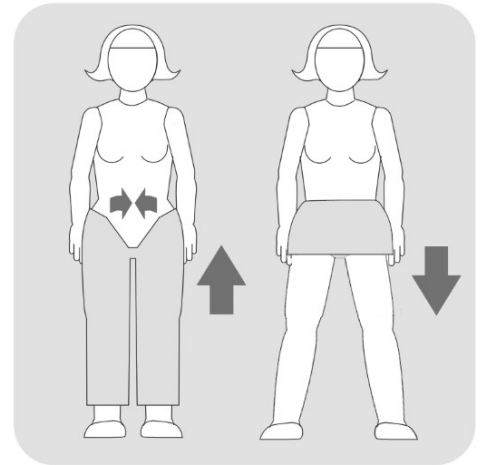
Close pants, pull down skirt.



Wash your hands.



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



Artwork by Daniela Lengers