

Open pants, lower slightly; lift skirt

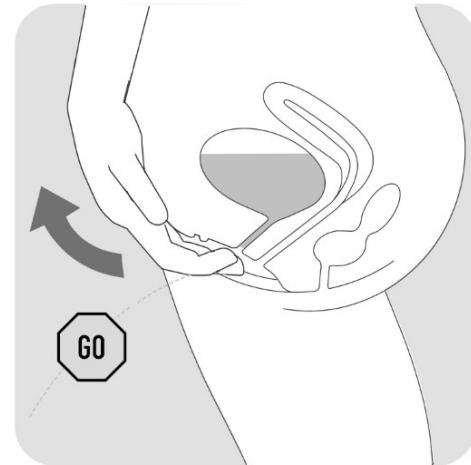
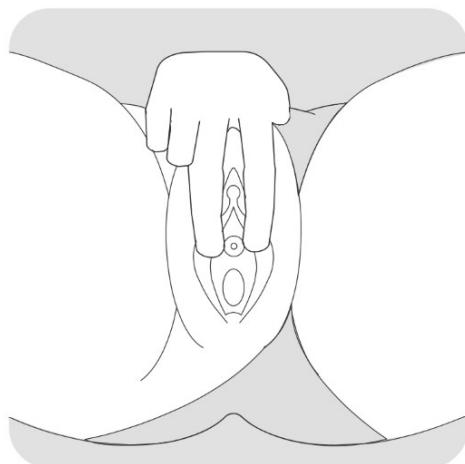
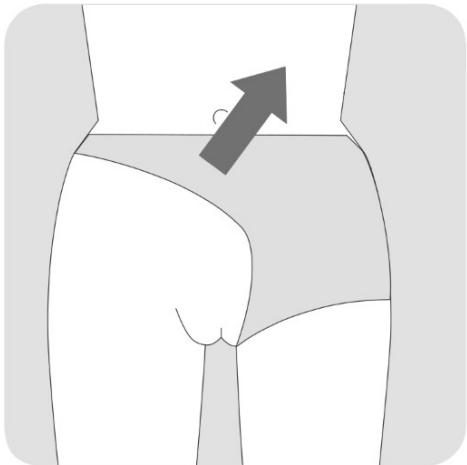
Feet about shoulder-width.



Adjust underwear.

Spread labia, apply pressure to both sides of the urethra

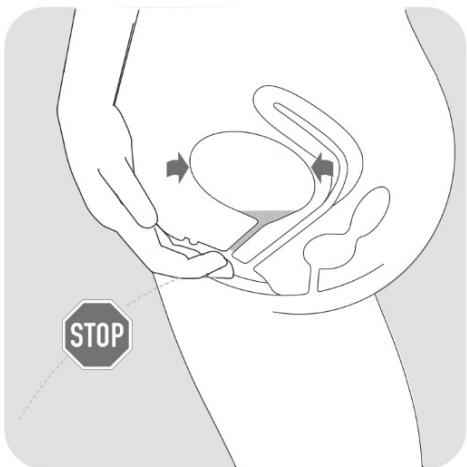
Pull forward slightly, tilt hips, pee.



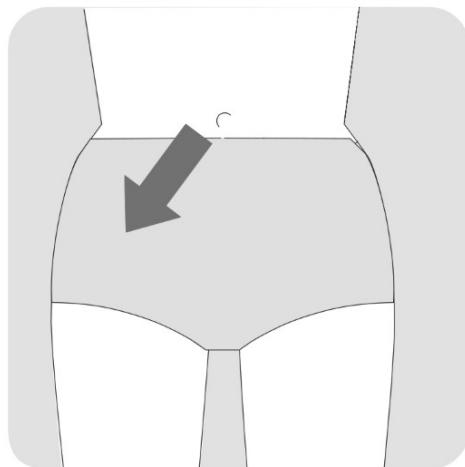
Push hard, stop stream quickly.

Re-adjust underwear.

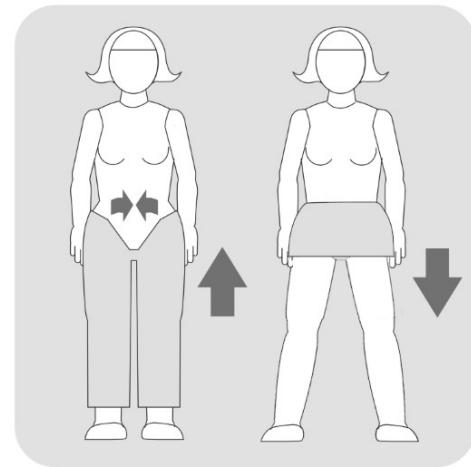
Close pants, pull down skirt.



Wash your hands.



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Artwork by Daniela Lengers