

ABOUT USING THE MEN'S ROOM

The men's restroom. Men are far less observant and social than women - they usually just go in, do their business, and leave. Just walk calmly in, use the stall or urinal, and walk calmly out, don't talk to anyone, don't try to see anyone's parts and don't rush around nervously you'll be far more likely to attract attention.

STAND TO PEE THE FINGER ASSIST METHOD

- * The shower or bathtub is a good place to begin.
 - * Don't worry, a healthy person's urine is STERILE as it leaves their body. Once outside the body, airborne bacteria can contaminate it fairly soon, so be sure to rinse the shower or bathtub surfaces with fresh water.
 - * Don't expect to master this skill on your first attempt. Practice makes perfect!
 - * Aim for the drain.
1. Wash or wipe your hands clean with a moist towellette.
 2. Adjust clothing. Pants should be pulled down in front a few inches. Underwear should be pulled down at the waistband or move the fabric at the crotch to one side.
 3. Wipe your labia area clean.
 4. Using either hand, make a 'V' with your first and second finger and spread the inside of your labia minora. (the INNER lips) Beginners may want to try using the fingers from both hands for better control.
 5. Lift to the desired angle, then pee. (If you don't spread and lift, it could run down your leg.)
 6. Wipe your labia if necessary.
 7. Wash your hands and you're done!

Notes from others:

#1 I developed a method which enables me to pee through the open zip of my jeans as conveniently as a man. It comes down to a strong start and a rapid shut-off finish (i.e. no dribbling). My technique is simple. At first I pinch myself shut until the pressure builds up, then as the stream starts to die, I push to keep maximum flow, then I can stop it fairly suddenly. From the age of 16 I have had this down to a fine art, never

leaving more than the odd spot on my clothes

#2 I usually pee standing up in any location, and can use just about any type of men's urinal with ease. I stand with my feet slightly apart, about shoulder width, and my pants and undies pulled down to my knees. I lean back slightly at the waist, with some arch in my back. When I start to pee, I push hard to start a strong stream, and push again at the end to keep the stream up until I'm done. I find that I have good control over where the stream goes, and it's a pretty clean process. Sometimes I dribble a little when I'm finishing up, but not too often. Most of the time I don't even need to wipe when I'm done. If I'm wearing pants with a long enough zipper, I just unzip, pull my undies aside, and go through the fly.

#3 I am now precise enough that I can go through the fly in a pair of jeans. Aiming and stream control are accomplished mostly with the hips. When learning, a good technique is to place your hands against your lower abdomen, on the pubic hair triangle. By pressing with either hand your stream can be angled. By pulling up or pressing with both hands you can point the stream upward. Try this in the shower where it doesn't matter if you are sloppy the first few times. Eventually you may become good enough to be able to write your name in the snow. (yes I've done this!) Hope this insight helps.

STAND TO PEE PRODUCTS

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<http://www.freshette.com/>

OTHER PASSING TIPS

<http://www.geocities.com/FTMpass/passing.html>