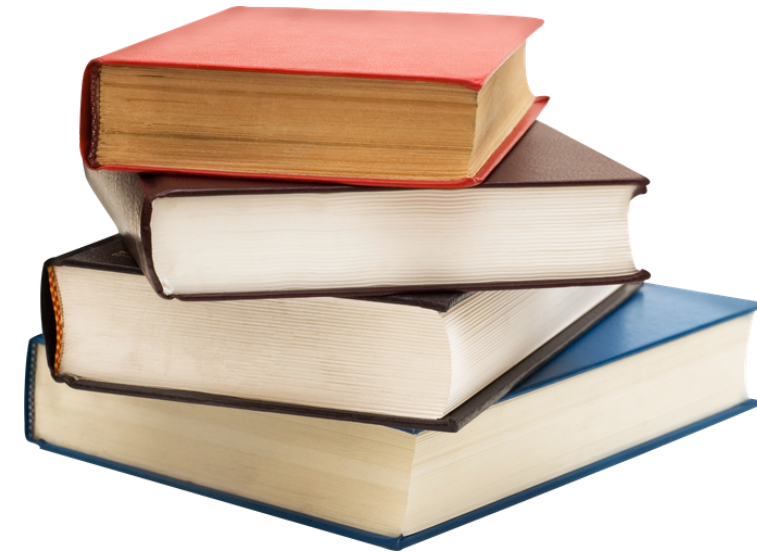


WORLD DUCHENNE AWAREness

Understanding differences. Building Belonging.



WHAT CAN YOU TELL ABOUT SOMEONE?



WHAT DON'T WE KNOW YET?

Values

Strengths

Challenges

What makes them
laugh

Personality

Dreams

Health Conditions

Family

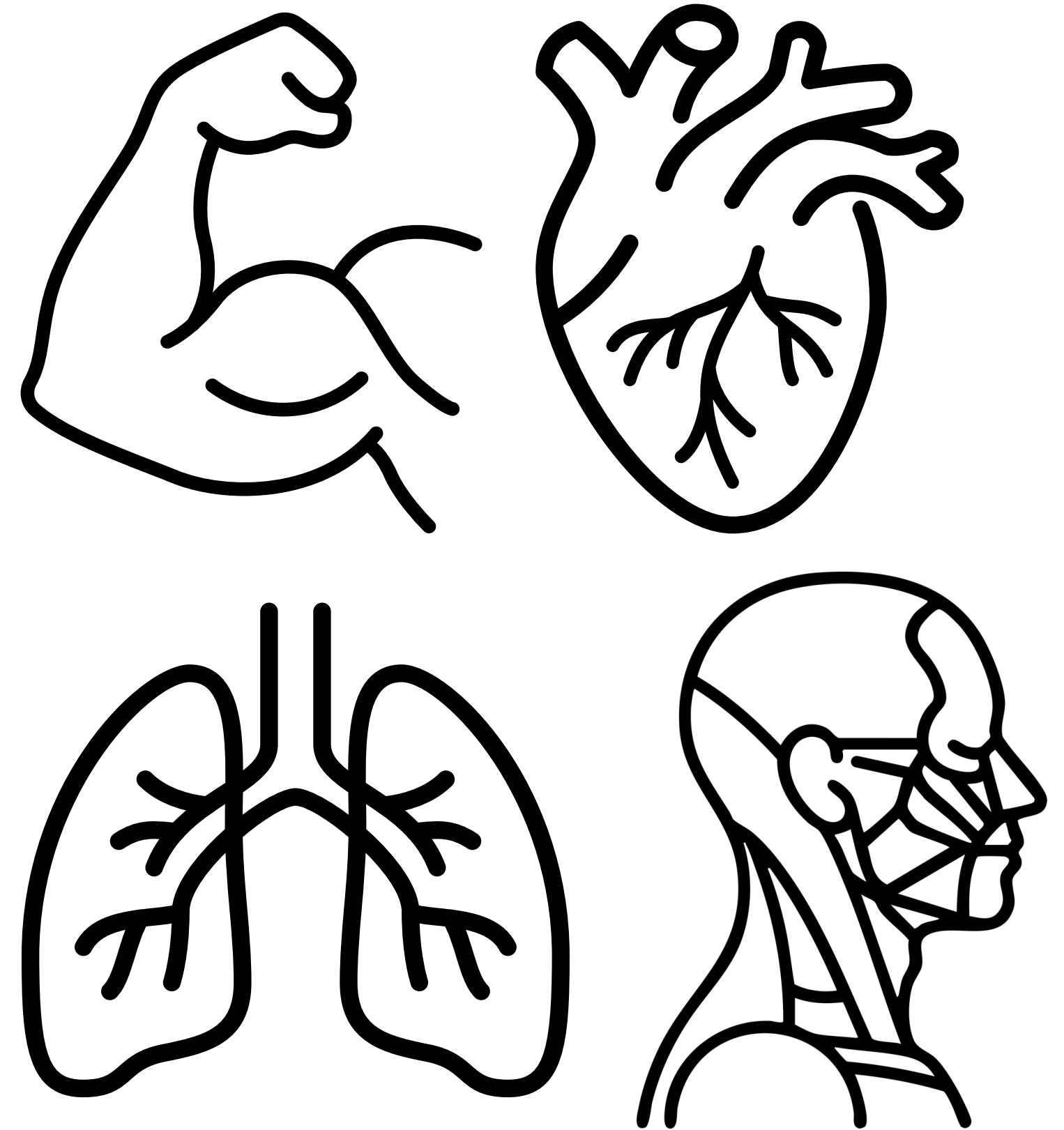
What they worry
about

WHAT IS DUCHENNE?

Duchenne muscular dystrophy (DMD) is a genetic condition that affects muscles.

Muscles help us move, breathe, smile, and do many other important jobs every day.

Because muscles are involved in so many parts of daily life, Duchenne can affect people in different ways.



Why Does Duchenne Affect Muscles?

Muscles are always working. Dystrophin helps repair muscles so they can keep doing all the things we do.

WITH ENOUGH DYSTROPHIN

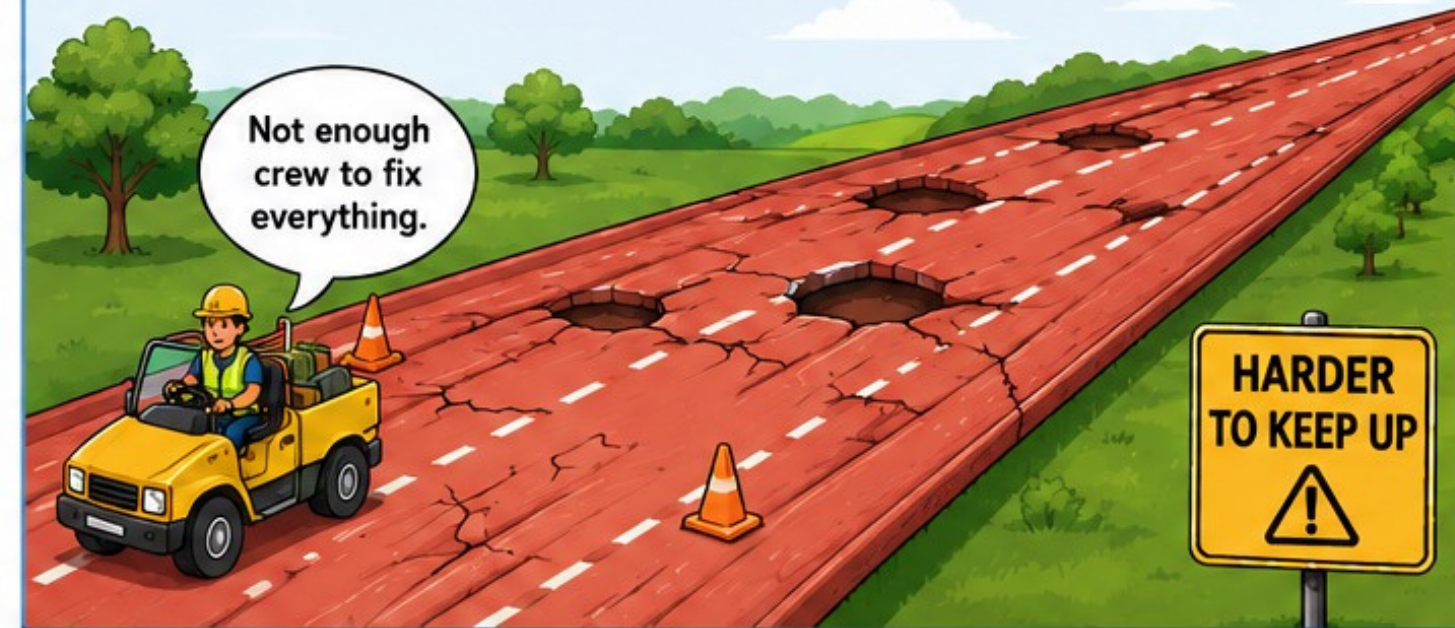
Dystrophin is like a repair crew that keeps the road (muscle) working well.



The repair crew (dystrophin) helps fix and maintain the road so traffic (movement) can keep flowing.

NOT ENOUGH DYSTROPHIN

Without enough dystrophin, the road (muscle) is harder to repair and does not keep up with all the work.



With fewer repair crew members (dystrophin), the road is harder to fix and the traffic (movement) slows down.



Dystrophin helps repair muscles so they can keep working. People with Duchenne do not make enough dystrophin. This makes it harder for muscles to keep up with all they do over time.

WHAT MIGHT DUCHENNE LOOK LIKE?



Walking differently



Mobility supports



Participating in class



Taking breaks



Using an elevator

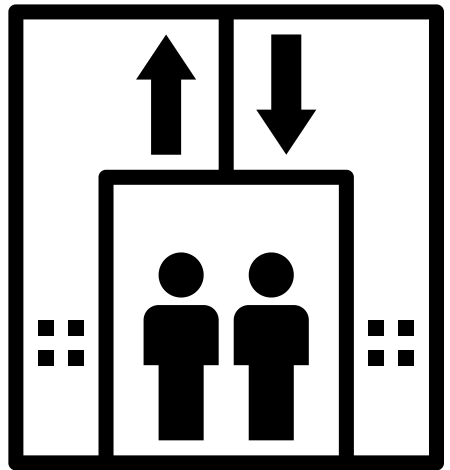


Adaptive sports

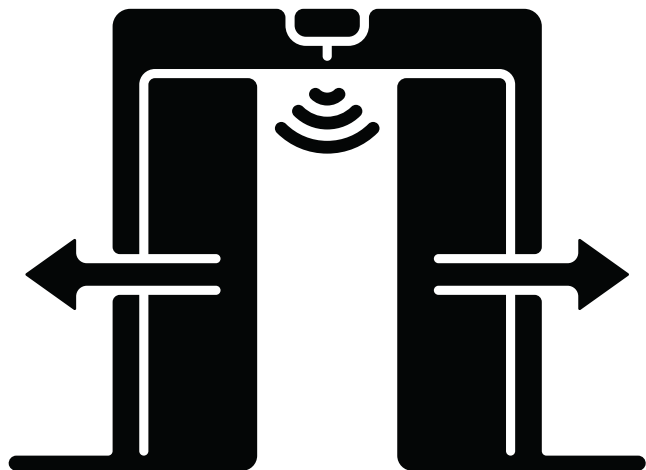
ACCESSIBILITY IN EVERYDAY LIFE



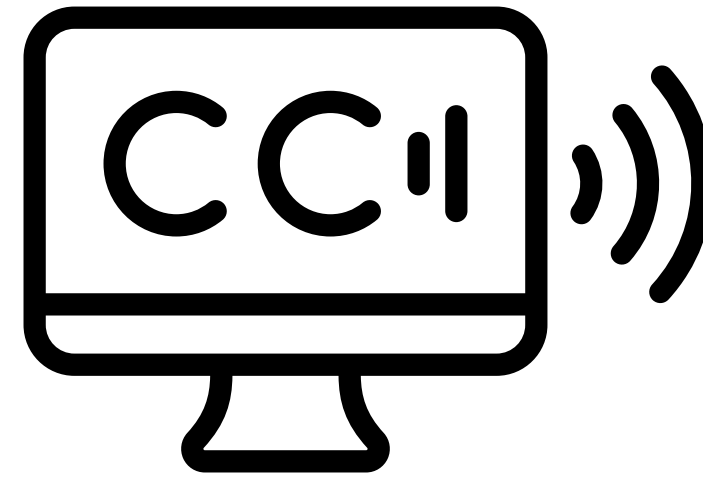
**Accessible
Ramp**



Elevator



Automatic Door



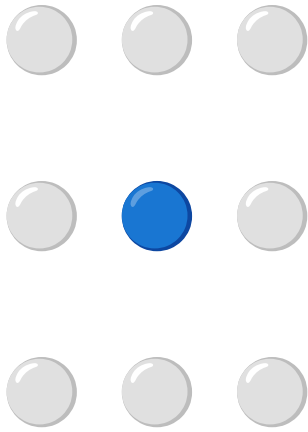
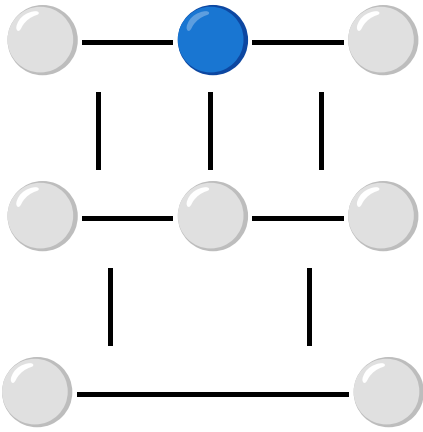
**Closed
Captions**



Audiobooks



**Accessible
Parking**

Inclusion	Belonging
	
Being invited	Feeling valued
Being present	Feeling connected
Having a seat	Having a voice
Being allowed to participate	Feeling accepted

QUESTIONS YOU MIGHT HAVE

Can I catch Duchenne?

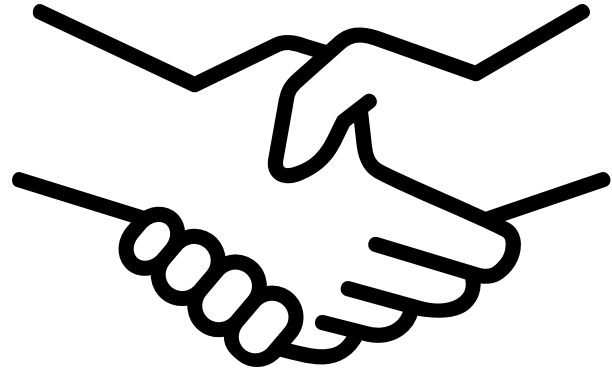
Can people with Duchenne still do things they enjoy?

Is it anyone's fault?

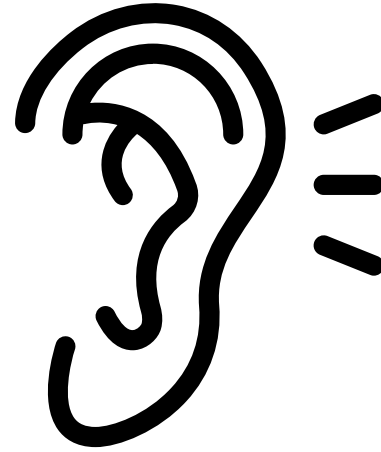
Why do some people use wheelchairs and others don't?

Will there ever be a cure?

WHAT DOES A DUCHENNE ALLY LOOK LIKE?



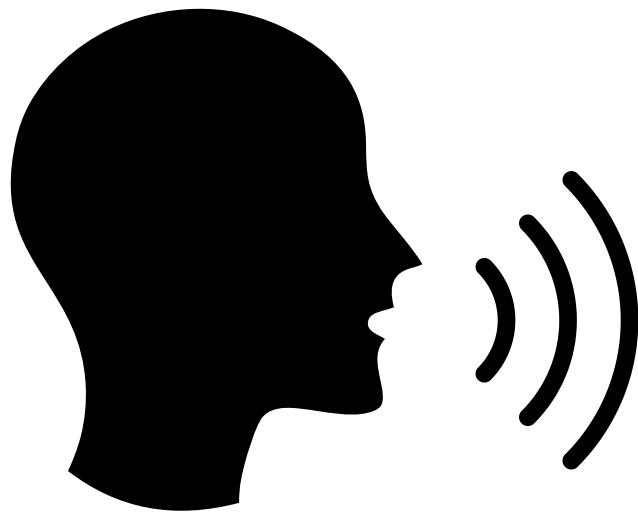
Include others



Listen and Learn



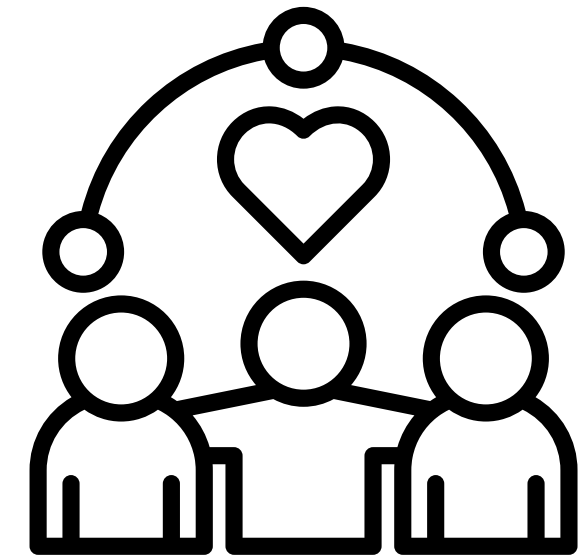
Ask before helping



Speak respectfully



Invite someone in



Help everyone belong

We ARE Duchenne ALLIES



duchenne ALLIES
HELP everyone
BELONG

Inclusion is being invited. Belonging is feeling valued

I can be a Duchenne Ally by...



We ARE Duchenne ALLIES

World Duchenne Awareness Day

One thing I learned today about Duchenne is...

One idea that stood out to me was...

One way I can help create belonging is...

One way I can be a Duchenne Ally is...

After today's lesson, I understand that:

- ☐ There is often more to a person than what we can see.
- ☐ Accessibility helps people participate.
- ☐ Inclusion and belonging are not the same thing.
- ☐ Small actions can make a big difference

(Check any that apply)

My Signature

Name: _____

Date: _____