

WORLD DUCHENNE AWARENESS

**Learning about differences helps
us understand one another.**



MORE ALIKE THAN DIFFERENT

Friends

Success

What Do all
Kids Want?

Fun

Belonging



SOMETIMES WE NOTICE DIFFERENCES



WHAT DO MUSCLES ACTUALLY DO?



WHAT IS DUCHENNE?

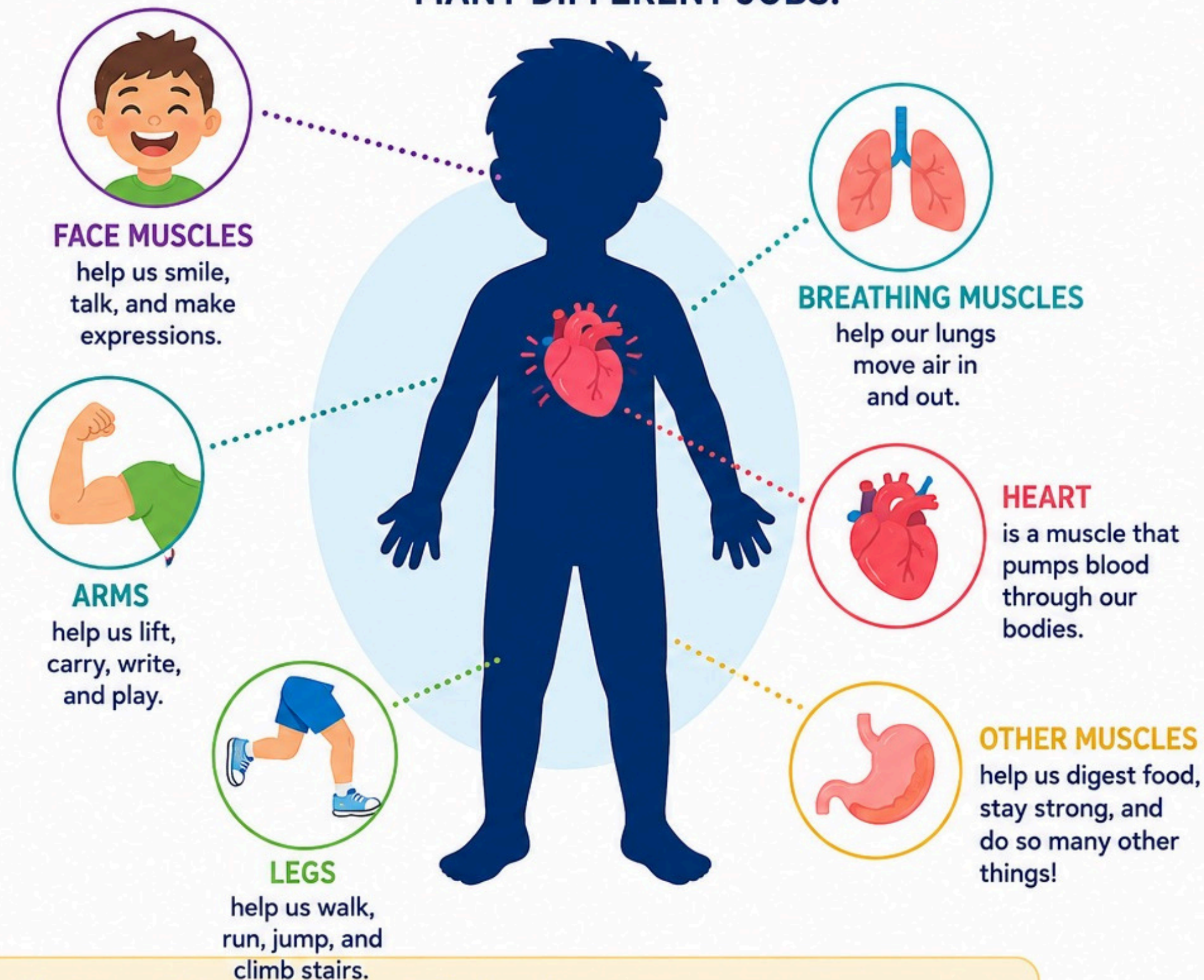
Duchenne is a condition that affects the muscles.

Muscles help us do so many important jobs every day—in ways we can see and in ways we can't.



Everyone's muscles work a little differently. That's what makes each of us unique!

MUSCLES HELP OUR BODIES DO MANY DIFFERENT JOBS.



Duchenne can affect the muscles throughout the body, which can make everyday activities more challenging over time.

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

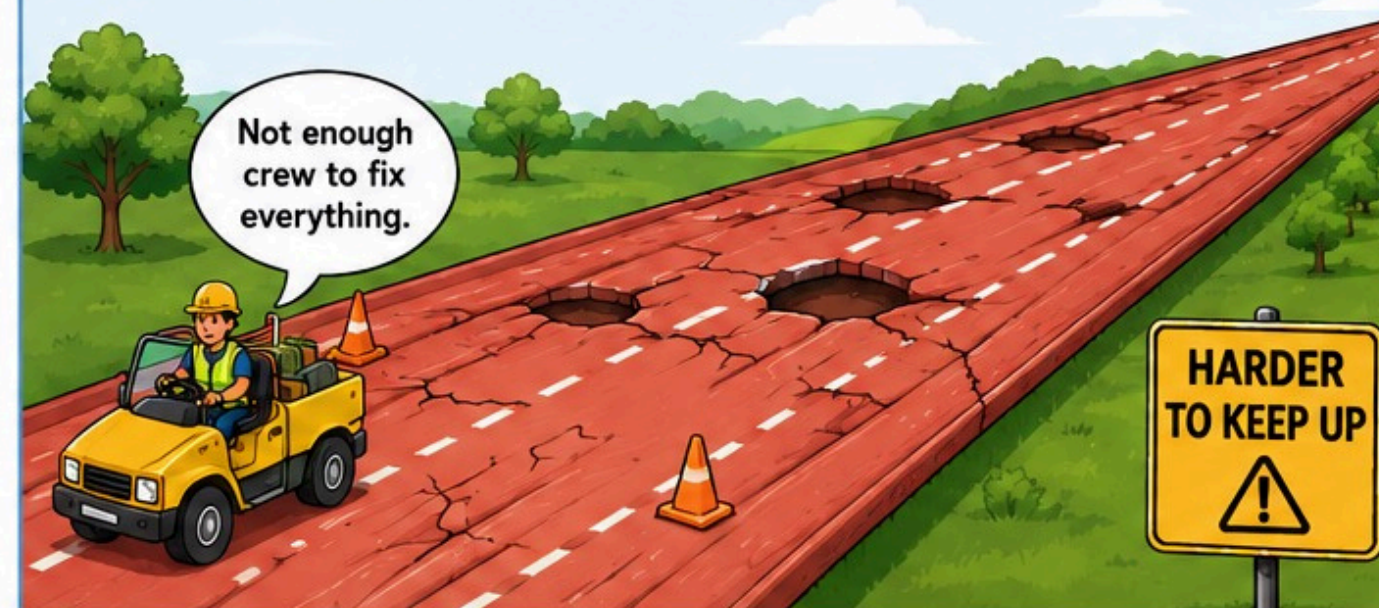
Dystrophin is like a repair crew that keeps the road (muscle) working well.



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.

THINGS YOU MIGHT WONDER...

Why does someone
with Duchenne get
tired?

Can I catch
Duchenne?

Can we still play
together?

How can I be a good
friend?

Is it anyones fault?



WHAT MIGHT THAT LOOK LIKE?



HOW CAN WE HELP EVERYONE BELONG?

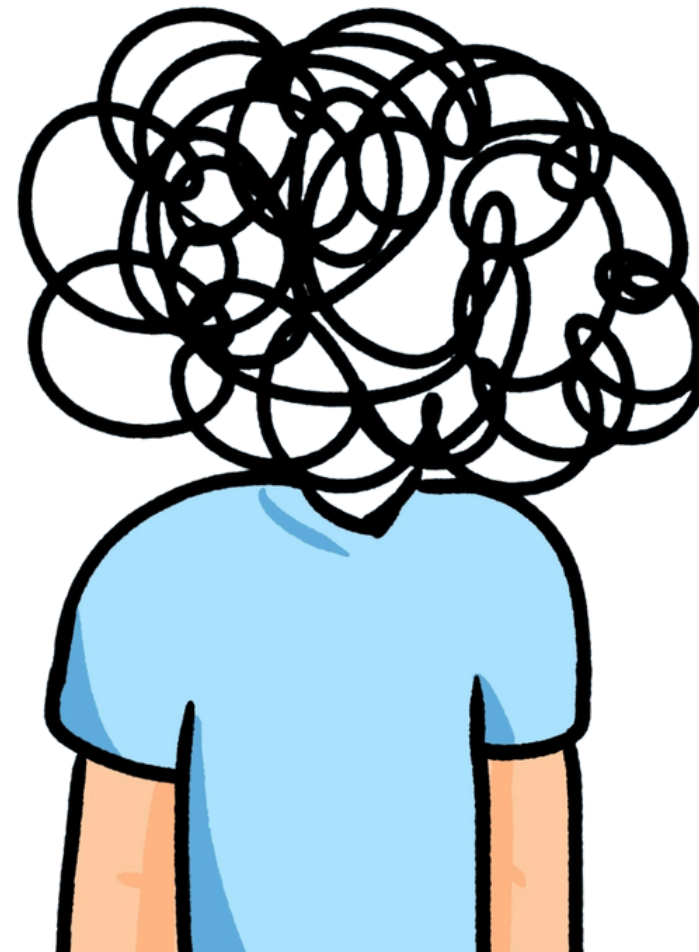
Recess



FIELD TRIP



GROUP PROJECT



LUNCHROOM



SCIENTISTS, DOCTORS, FAMILIES, AND FRIENDS

People all over the world are working together to support people with Duchenne. Researches, doctors, families, organizations like CureDuchenne



WHAT DOES IT MEAN TO BE AN ALLY?

An ally is someone who:

invites others
to join

asks before
helping

includes
everyone

listens and
learns

speaks up when
something isn't
fair

We ARE DUCHENNE ALLIES

We ARE DUCHENNE ALLIES



Today I learned...

One thing I learned about Duchenne:

I Can Be An Ally By...

One way I can help everyone feel included:

My Duchenne Ally Pledge

- ☐ I will be kind.
- ☐ I will include others.
- ☐ I will ask questions respectfully.
- ☐ I will help everyone feel like they belong.

My Signature

I am a Duchenne Ally!

Name: _____

Date: _____



We ARE DUCHENNE ALLIES!



On World Duchenne Awareness Day, we promise
to be good friends and include everyone.

We are kind. We are inclusive. We are all in this together

