

World Duchenne Awareness Day

Presentation Guide (Grades 3–5)

Before You Begin

Thank you for helping your class learn about Duchenne muscular dystrophy and inclusion.

This presentation is designed to:

- Build understanding
- Answer common questions
- Encourage kindness and inclusion

You do not need to be a teacher or Duchenne expert. The notes below will guide you through each slide.

Suggested Time: 15–20 minutes

WORLD DUCHENNE AWARENESS Learning about differences helps us understand one another. 	Talking Points Today we are learning about Duchenne muscular dystrophy and how we can make sure everyone feels included. World Duchenne Awareness Day is celebrated each year on September 7 and September is Duchenne Awareness Month. All throughout September people learn about Duchenne and support individuals and families affected by it. Learning about differences helps us understand one another. Ask Do you know about any other awareness days or months? *Allow 2-3 kids to answer questions Key Message: Learning about differences helps us understand and support one another.
MORE ALIKE THAN DIFFERENT 	Talking Points Everyone has things they enjoy, people they care about, and things they are good at. Even when people have different abilities or challenges, we have many things in common. Ask What are some things all kids need or want? Key Message: We have more in common than we have different

SOMETIMES WE NOTICE DIFFERENCES



Talking Points

Some people wear glasses, use wheelchairs, or need other supports.

Some differences are easy to see, and some are not. It's ok to notice differences and to ask respectful questions.

Ask

What's something that makes you different?

Key Message: Differences are a normal part of life.

WHAT DO MUSCLES ACTUALLY DO?



Talking Points

Muscles help do many things every day.

Muscles help us walk, run, climb stairs, write, smile, eat, breathe, and even help our hearts beat.

Most of the time we don't even think about all the work our muscles are doing.

Ask

What did your body help you do today?

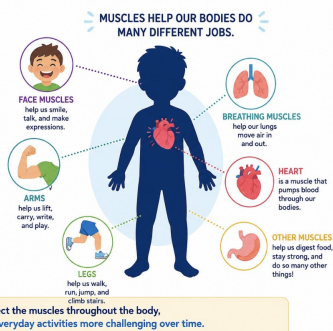
Key Message: Muscles do many important jobs throughout the body.

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!



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

Talking Points

Duchenne is a condition that affects muscles.

Because muscles help our bodies do so many jobs, Duchenne can affect everyday activities in different ways.

Every person with Duchenne is unique.

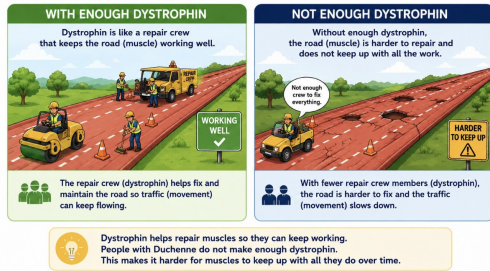
Ask

Can you think of some activities that use muscles?

Key Message: Duchenne affects muscles throughout the body.

Why Does Duchenne Affect Muscles?

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



Ask

What happens when a road isn't repaired?

Talking Points

Our bodies make something called dystrophin. Dystrophin helps muscles stay healthy and keep working.

Think of dystrophin like a repair crew helping take care of busy roads.

In Duchenne, the body does not make enough dystrophin, so muscles have a harder time keeping up with all the work they do.

Key Message: Dystrophin helps muscles stay healthy and working well.

THINGS YOU MIGHT WONDER...



Talking Points

It is normal to have questions about Duchenne.

Questions help us learn and understand.

It is important to ask questions respectfully.

Why does someone with Duchenne get tired?

Duchenne affects muscles. Because their muscles have to work harder, people with Duchenne may use their energy more quickly and need more breaks.

Can I catch Duchenne?

No. Duchenne is not contagious. You cannot catch it from another person.

Can we still play together?

Absolutely! People with Duchenne enjoy games, sports, hobbies, and spending time with friends. Sometimes they may play differently or need different supports, but they can still be included.

How can I be a good friend?

A good friend includes others, listens, asks respectful questions, and helps everyone feel like they belong.

Is it anyone's fault?

No. Nobody caused Duchenne, and nobody did anything wrong. Duchenne is a genetic condition that a person is born with.

Key Message: Questions are welcome and help us learn

WHAT MIGHT THAT LOOK LIKE?



Talking Points

Every person with Duchenne is different. Some people may take breaks, use an elevator, use a wheelchair, or participate in activities differently- like typing instead of writing. These supports help people stay involved and included.

Ask

Can people participate in different ways and still be part of the group?

Key Message: There is no one way Duchenne looks.

HOW CAN WE HELP EVERYONE BELONG?



Talking Points

Everyone deserves to feel included. Small actions can make a big difference. There are many ways to help everyone feel welcome and involved.

Ask (Use the pictures and scenarios on the slide.)

- How could we make recess more inclusive?
- How could we include everyone during a group project?
- What could we do on a field trip?
- How can we help everyone feel welcome in our lunchroom?

Record student ideas on chart paper, a whiteboard, or sticky notes.

Key Message: Everyone can help create belonging.

SCIENTISTS, DOCTORS, FAMILIES, AND FRIENDS

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



Talking Points

Many people work together to support individuals with Duchenne.

Scientists and researchers study Duchenne to find treatments.

Doctors provide care.

Families, teachers, classmates and friends provide support every day.

Organizations like CureDuchenne help advance research and provide resources.

Ask

Who are some people that help us when we need support?

Key Message: Nobody faces Duchenne alone.

WHAT DOES IT MEAN TO BE AN ALLY?

An ally is someone who:

invites others to join

listens and learns

includes everyone

asks before helping

speaks up when something isn't fair

Talking Points

An ally is someone you can count on

An ally helps others feel included.

An ally listens, learns, and treats others with kindness and respect.

The ideas we discussed during our brainstorm are examples of being an ally.

Key Message: An ally helps everyone feel welcome and included.

WE ARE DUCHENNE ALLIES

WE ARE DUCHENNE ALLIES

Today I learned...

I Can Be An Ally By...

My Duchenne Ally Pledge
☐ I will be kind.
☐ I will listen and learn.
☐ I will speak up when something isn't fair.

My Signature

Date: _____



Activity

Complete the student reflection sheet and invite students to sign the classroom poster.

Closing Script

Today, we joined people around the world in recognizing World Duchenne Awareness Day.

We learned that understanding differences helps build stronger communities.

We learned that people with Duchenne have many of the same hopes, interests, and dreams as everyone else.

And we learned that small acts of kindness and inclusion can make a big difference.

Thank you for helping create a classroom where everyone belongs.

Now let's complete our Duchenne Ally reflection sheet and sign our classroom poster."