

World Duchenne Awareness Day

Presentation Guide (Grades K–2)

Before You Begin

Thank you for helping your class learn about Duchenne muscular dystrophy and the importance of kindness, understanding, and inclusion.

This presentation is designed to:

- Introduce Duchenne in an age-appropriate way
- Help students understand that muscles can work differently
- Encourage kindness and friendship
- Build understanding without creating fear

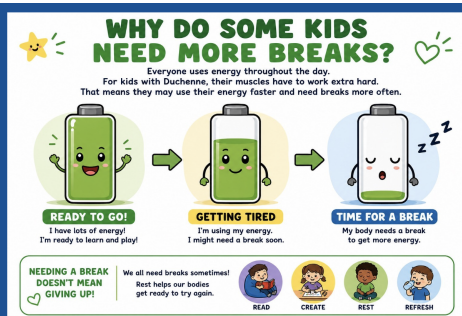
You do not need to be a teacher or Duchenne expert. The notes below will guide you through each slide and provide simple talking points for your discussion.

Children in kindergarten through second grade learn best through stories, visuals, and conversation. The battery mascot and classroom discussions are designed to help students connect new information to experiences they already understand.

Suggested Time: 10–15 minutes

 A blue rectangular slide with the text "WORLD DUCHENNE AWARENESS" in large, bold, light blue capital letters. Below it, in smaller yellow text, is "Today we're learning about being a good friend and understanding differences". At the bottom is the Cure Duchenne logo, which consists of a stylized 'C' made of three colored shapes (blue, red, yellow) and the text "Cure Duchenne®".	Talking Points September 7th is World Duchenne Awareness Day and all throughout September is Duchenne Awareness Month. People all around the world are learning about Duchenne muscular dystrophy. We're going to spend a few minutes learning about Duchenne and how we can be good friends to everyone. Ask Why do you think it's important to learn about other people? Key Message: Today we are learning about Duchenne and how to be kind and inclusive friends.
 A blue rectangular slide with the text "WE ARE ALL DIFFERENT" in bold, light blue capital letters. Below the text are four small square images arranged in a 2x2 grid. The top-left image shows a group of diverse dogs and cats. The top-right image shows a variety of different foods. The bottom-left image shows a group of hands holding up different objects like a book, a pencil, a guitar, and a camera. The bottom-right image shows a group of wooden chess pieces of different shapes and sizes.	Talking Points Every person is unique. We all have things that make us special. Some people like soccer. Some people like art. Some people have dogs. Some people have cats. Ask What makes you special? Allow 2-3 students to share. Key Message: Everyone is unique and has things

	that make them special.
WE ARE ALL ALIKE 	Talking Points Even though we're all different, we also have lots of things in common. We all want friends. We all like to have fun. We all learn new things every day. Ask What are some things all kids like? Key Message: Even though we are different, we have many things in common.
OUR BODIES HELP US DO AMAZING THINGS 	Talking Points Our bodies help us do amazing things every day. We can run, jump, climb, play, and learn. Ask What did your body help you do today? Key Message: Our bodies help us do important things every day.
OUR MUSCLES ARE HELPERS Muscles help us walk, run, climb, jump, write, smile, breathe, and even help our hearts beat. 	Talking Points Muscles are special parts of our body that help us move. They help us walk. They help us run. They help us jump and play. They even help us breathe and our hearts beat Activity Touch your arm muscle. Touch your leg muscle. Touch your heart. Key Message: Muscles help our bodies move, play, learn, and do many everyday activities.
ONE THING THAT MAKES SOME KIDS DIFFERENT Some kids have something called Duchenne muscular dystrophy. Duchenne affects muscles and can make them get tired more quickly.	Talking Points Some kids have something called Duchenne muscular dystrophy. Duchenne affects muscles. It makes muscles work differently. Kids with Duchenne can still do lots of things, but their muscles may get tired more quickly. Key Message: Duchenne affects muscles and can make them get tired more quickly.



Talking Points

Everyone has energy.

We use energy all day long.

Walking uses energy.

Playing uses energy.

Learning uses energy.

For kids with Duchenne, their muscles work extra hard.

That means they may need breaks more often.

Ask

What helps you recharge your battery?

Possible answers:

- Sleep
- Snack
- Water
- Reading
- Quiet time

Key Message: Everyone uses energy, but kids with Duchenne may use their energy more quickly and need more breaks.

THINGS YOU MIGHT WONDER

Can I catch it?

Did anyone cause it?

Can we still play together?

Why do some kids need more breaks?



Can I Catch Duchenne?

No, you cannot catch Duchenne like a cold.

Did Anyone Cause It?

No, nobody caused Duchenne.

Can We Still Play Together?

Absolutely. Kids with Duchenne like games, friends, jokes, and having fun just like everyone else.

Why do some kids need more breaks?

Some kids, including kids with Duchenne, use their energy more quickly. Taking breaks helps their bodies rest and get ready to keep learning, playing, and participating.

Key Message: Questions are okay.

WHAT DOES BEING A GOOD FRIEND LOOK LIKE?



Talking Points

Being a good friend means helping everyone feel included

Ask

What are some ways we can be good friends?

Examples:

- Invite someone to play
- Share
- Sit together
- Be kind

Key Message: Being a good friend means helping everyone feel included.

WHAT WOULD YOU DO?

Your friend is tired at recess.

- A) Tell them they can't play
- B) Ignore them
- C) Ask what game they want to play

Your friend uses a wheelchair at recess.

- A) Decide what they should do
- B) Ask if they want to join your game
- C) Walk away



Ask

What would you do?

Let students discuss.

Scenario 1 Guide towards:

Ideas like asking them what they want to play, choosing a game everyone can enjoy, or sitting with them during a break.

Scenario 2 Guide towards:

Ideas like asking them what they want to play, choosing a game everyone can enjoy, or sitting with them during a break

Key Message: Kind choices help everyone feel welcome and included.

WE ARE DUCHENNE ALLIES

Class Brainstorm:

What makes a good ally?



Talking Points

Today we learned a new word: ally

An ally is someone you can count on

An ally is a good friend.

An ally includes others, helps others, and makes sure everyone feels welcome.

Class Brainstorm

What makes a good ally?

Record answers on chart paper or poster.

Key Message: An ally is someone you can count on who helps others feel welcome and included.



**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



Activity

Students sign the class poster.

Closing Script

Today we learned that everyone is different.
We learned that some kids have Duchenne.
We learned that Duchenne affects muscles.
And most importantly, we learned that everyone belongs.

Key Message: We can all choose to be Duchenne Allies.