

TEACHER QUICK REFERENCE



Common questions about Duchenne

What is Duchenne

Duchenne muscular dystrophy (DMD) is a genetic condition that affects muscles. Because muscles help our bodies do many important jobs, Duchenne can affect movement, strength, and endurance. Duchenne is not contagious. Nobody caused it. Scientists and doctors are working hard to develop new treatments and improve care.

Questions Students May Ask

Why does someone with Duchenne get tired?

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

Can I catch Duchenne?

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

Can we still play together?

Absolutely. Students with Duchenne can participate in many activities although they may play differently or use different supports. Inclusion is important.

Why might someone use a wheelchair?

A wheelchair is a tool that helps someone save energy, move longer distances, and participate in activities.

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.

Will he get better?

This is probably the hardest question.
Teacher response: “Duchenne is something a person will always have. Doctors and scientists are working hard on treatments that help people with Duchenne to stay healthy and strong.”
This is truthful and hopeful.

Can students with Duchenne learn and do well in school?

Absolutely. Duchenne affects muscles. Every student with Duchenne is unique, with their own strengths, interests, and learning style.

Should I help Him?

Ask first. Just like anyone else, students with Duchenne may want help sometimes and independence at other times.
A good rule is: “Ask before Helping.

Language We Recommend

Instead of:	Try:
“He can’t do that .”	“ He may do it differently.”
“That’s sad”	“How can we include him?”
“He’s sick.”	“He has Duchenne.”
“That’s not fair”	“Different supports help everyone participate.”

Classroom Message

Different Muscles. Same Friends

Students with Duchenne want what all students want:
Friends
Fun
Learning
Belonging