

TEACHER QUICK ReFeRence



Common questions about Duchenne

What is Duchenne

Duchenne Muscular dystrophy (DMD) is a genetic condition that affects muscles. Over time, muscles become weaker, making activities such as walking long distances, climbing stairs, carrying heavy items, or participating in sports more difficult. Students with Duchenne may use accommodations, mobility equipment, assistive technology, or additional supports at school. Every person with Duchenne is unique and may experience it differently. Researchers, clinicians, and families continue to work towards improving treatments and quality of life.

Questions Students May Ask

Why does he get accommodations when I don't?

Accommodations help remove barriers so students can participate and learn. They are not advantages, they are supports that help create access.

Why does he use a wheelchair sometimes but walk other times?

Many people with Duchenne use wheelchairs to conserve energy, prevent falls, or participate more fully in activities. Using a wheelchair does not always mean someone cannot walk.

Can someone with Duchenne still do things independently?

Absolutely. Students with Duchenne often develop creative ways to solve problems, advocate for themselves, and participate in activities. Independence may look different, but it is still important.

Should I help?

Ask first.

A good rule is:

"Offer help. Respect the answer."

Sometimes support is appreciated. Other times a student may prefer to do something on their own.

Is it ok to ask questions?

Yes, when asked respectfully.
Curiosity helps us learn about one another. Personal medical information is still private, and students should never feel pressured to explain their disability.

Will Duchenne affect the future?

Duchenne is a lifelong condition. Treatments and research continue to advance, creating more possibilities than ever before.
A helpful response is:
"People with Duchenne have goals, interests, friendships, and dreams just like anyone else. Duchenne is only one part of who they are."

Language We Recommend

Instead of...	Try...
“He can’t do that .”	“ He may do it differently.”
“I feel sorry for him.”	“How can we make sure everyone belongs?”
“He’s confined to a wheelchair.”	“He uses a wheelchair.”
“That’s not fair”	“Different supports help everyone participate.”
“What’s wrong with him.”	“What would you like me to understand?”

Classroom Message

Accessibility Benefits Everyone

Ramps help wheelchairs, but they also help strollers, carts, and deliveries.
Captions help people who are deaf, but they also help people learning a language.
Different supports help different people participate.
The goal is not for everyone to do things the same way.
The goal is for everyone to belong.