

# NEWSLETTER

Nr. 1

October 2024

Fragile  
Power

*How to support highly sensitive children and teenagers*

## WELCOME TO FRAGILE POWER

We are excited to introduce you to the Fragile Power project, which focuses on **supporting highly sensitive children (HSC) and teenagers in schools**. Recognizing that **20-30%** of the population is highly sensitive, this project aims to create an **inclusive and understanding school environment** where HSCs can thrive both academically and emotionally. Through the creation of **resources** like a methodology for teachers and a comic book for children, we hope to raise awareness, reduce stigma and empower both educators and students to embrace the strengths that come with high sensitivity.

## WHO WE ARE

This project brings together three key organizations:

**EDUcentrum (Czech Republic)** is a nonprofit with a background in innovative educational methodologies. EDUcentrum coordinates the project and brings its expertise in developing learning tools for teachers and young learners.

**Observatoire de la Sensibilité (France)** promotes awareness and understanding of high sensitivity, offering resources and training for schools and workplaces. They bring invaluable insights on sensitivity in education and contribute to research and methodology.

**Institut pro vysokou citlivost (Czech Republic)** specializes in supporting HSPs through workshops, gatherings and resources, they help create awareness and provide support mostly for adults dealing with high sensitivity, among them also parents or teachers.



## PROJECT RESULTS

Fragile Power is structured to produce three main outputs:

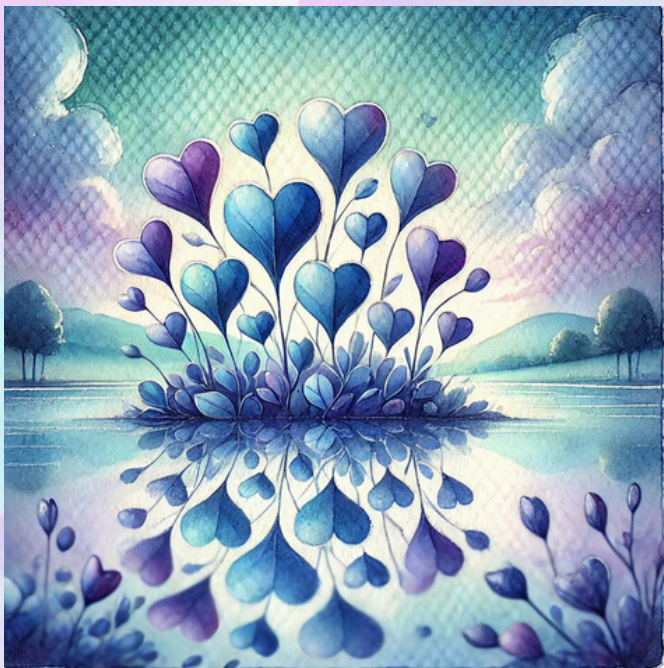
**Guide for Educators:** A comprehensive resource to equip educators with strategies to support HSCs in the classroom, covering understanding high sensitivity, creating inclusive environments and managing

overstimulation. The guide will offer practical advice on recognizing and nurturing HSCs' strengths to foster a supportive educational experience.

### **Comic Book for Children and Teens:**

An engaging way for young readers to learn about high sensitivity through stories and illustrations. It will promote self-awareness and empathy, portraying high sensitivity as a unique strength to be celebrated.

**Workshops for Educators:** Interactive sessions for teachers and school psychologists in the Czech Republic and France to deepen understanding of high sensitivity. Workshops will offer hands-on training to identify and support HSCs, share best practices and promote a calm, nurturing classroom atmosphere.



## **KEY FINDINGS FROM INITIAL SURVEY**

As part of our research, we conducted surveys in **schools in France and the Czech Republic** to better understand how highly sensitive children are supported in the school environment.

The survey revealed that while many educators in both countries are aware of high sensitivity, there is a **need for deeper understanding** and **better support strategies**. Highly sensitive children demonstrate strengths like empathy or creativity but also face challenges such as overstimulation, emotional overwhelm and social isolation. Both countries' educators highlighted the **need for more training, supportive tools** and **greater parental involvement** to better address the needs of HSCs in schools. Some practices like breathing techniques and quiet spaces are already in place but more **comprehensive resources** are required.

By addressing these areas in Fragile Power, we aim to assist educational institutions in supporting HSCs, leveraging their strengths and mitigating their challenges to create a more inclusive and effective learning environment.

---

For **more information**, please **visit our website: [fragile-power.eu](https://fragile-power.eu)** or follow us on social networks.

Thank you for being a part of this journey with Fragile Power! Stay tuned for more news on our publications and upcoming events!



**Funded by  
the European Union**

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

