

NEWSLETTER

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How to support highly sensitive children and teenagers

Fragile Power

CZECH AND FRENCH VERSIONS OF THE GUIDE AND COMIC ARE HERE!

After several months of dedicated work by our project team in the Czech Republic and France, the results are finally here! We are delighted to announce that the Czech and French versions of the guide for educators and the comic book for teenagers about discovering high sensitivity are now **freely available**.

Both publications aim to raise awareness of the personality trait of high sensitivity in schools. They explain clearly what high sensitivity is, how it shows up in everyday life, how to manage its challenges and how to harness its many strengths.

We believe that a **conscious approach** to high sensitivity will not only help students reduce difficulties and make better use of their abilities but will also make teachers' work in the classroom easier.

The guide and comic will soon be published online in English, too!

PRACTICAL GUIDE FOR EDUCATORS

When creating the guide, our main goal was to design a resource that would support teachers rather than add extra workload to their already demanding profession. We have **summarised current knowledge on high sensitivity** and presented it in a **clear question-and-answer format** that teachers can easily use in practice.

The guide covers **key topics** such as understanding high sensitivity, creating inclusive classroom environments and dealing with

overstimulation. It also provides **practical advice** on how to identify and nurture the unique strengths of highly sensitive children, helping to build a supportive and empathetic classroom culture. An **appendix** includes **concise summaries, inspiring lesson activities** and **scales for parents and teachers** to better understand and assess sensitivity.

We hope this guide will encourage readers to view high sensitivity not as something fragile that needs fixing but as something valuable that is worth developing.



COMIC FOR TEENAGERS ABOUT DISCOVERING HIGH SENSITIVITY

"Mastering your power. That is the first task of every future superhero."

To handle sensitivity well, we first need to understand and accept it.

"I'm not defective. I'm not over-sensitive," Lucy realises at the beginning of her journey — a journey of discovery that will last a lifetime. Our heroine Lucy goes through different stages of self-discovery and shares her experiences of high

sensitivity with young readers. She asks herself questions they may also recognise: *Why do I see the world differently from others? How do I cope with an environment that's sometimes too noisy, too fast and too focused on performance?*

The **educational comic** *Fragile Power* brings these experiences to life through Lucy's exciting stories, her friends and striking colourful illustrations. It shows how high sensitivity plays out in their daily lives and encourages teenagers to better understand themselves and their environment, recognise their needs, practise self-care and discover strategies for resilience.

The comic demonstrates that high sensitivity is not a weakness but a **unique personality trait** — a true superpower to be proud of. Our goal is to inspire highly sensitive children and teenagers to see their sensitivity in a positive light and embrace who they really are.

The comic is designed for readers aged **12–15**, but we believe it will appeal to a much wider audience — including those who are not highly sensitive themselves. Parents, teachers, psychologists and other professionals can also benefit from it, as it offers an engaging and accessible tool to explain high sensitivity to children and teenagers.

WHERE TO FIND THE PUBLICATIONS

The printed guide and comic in Czech and French have already been distributed to our partner schools and to the community of educators and highly sensitive individuals. If you would like a copy, let us know — we still have a few available.

You can also **download both in PDF** format from our website:

<https://www.fragile-power.eu/projects>

We hope that our outputs will become a bridge between children, parents, teachers and the entire school community, opening up a dialogue that will lead to greater understanding and kindness.



WHAT'S NEXT?

The publications are currently being **piloted** in our partner schools and within the community of HSPs. Feedback from teachers and students will help us improve and adapt our materials in the future.

This autumn, we will also run **workshops** for educators in the Czech Republic and France. These sessions will build on the guide methodology and offer participants a **deeper understanding of high sensitivity**, practical classroom strategies, tools for supporting students' emotional regulation and their own well-being, as well as opportunities to share experiences and strategies with colleagues.

The workshops will mark the conclusion of our two-year project — but the mission of *Fragile Power* will continue. We remain committed to raising awareness about HSPs and supporting them on their journey.

A **heartfelt thank-you** goes to the entire team, including the talented young illustrator of the comic NAJODONE and scriptwriter Matouš Hekela, for the wonderful and productive collaboration!



EDUcentrum and Institut pro vysokou citlivost teams presenting the project's results at Karlin Mental Health Day on September 13, 2025 in Prague.



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