

What is the CLB?

CLB stands for Student Guidance Centre (*Centrum voor Leerlingenbegeleiding*). The CLB provides students with guidance and support throughout their schooling. All schools are connected to a CLB. The CLB functions independently of the school. CLB services are always free of charge.

For whom is the CLB intended?

The CLB is there primarily for the student. That's you! You can go to the CLB with your own questions. The CLB also welcomes your parents or guardians.

With whom does the CLB work?

The partnership with the student is the CLB's first and main priority, in addition to the parents. Your concerns come first.

The CLB wants you to feel comfortable at school. This is why collaboration with the school is an important part of the guidance we provide. The CLB works with the school's student counselling services (care coordinator or student counsellor). The CLB will also involve the teachers and head of school if needed.

What questions can I ask the CLB?

You can contact the CLB for many different questions:

- Questions about school support or care
- Questions about schooling: choice of study programme, talents and interests, truancy and compulsory education, the transition from primary to secondary education, learning and working
- Health issues: growth and development, vaccinations, mental health, puberty, sight and hearing, eating disorders, addiction, relationships and sexuality
- Learning difficulties: trouble with reading or writing, the lessons are too hard or too easy, languages are problematic, or concentrating, paying attention and study strategies are a challenge
- Social issues: problems at home, bullying, your parents' divorce, how to act around your friends, feeling uncomfortable in your own skin, stress
- ...

How does the CLB work?

You can contact the CLB directly on your own. Either go to an CLB employee, at school for example, or do so online via CLBch@t or Onderwijskiezer. The school can also request CLB guidance.

The CLB will always first talk to you and/or your parent(s). We listen to what you have to say. We then explain how we will proceed and work with you to find answers to your questions.

A range of people work at the CLB: psychologists, pedagogues, doctors, social workers, nurses and other staff. CLB employees work in teams and regularly discuss how to be of even more use to you. We call this team consultation.

Sometimes we need to involve others to provide you with the best possible support, for example to make a diagnosis or provide aid. We will always discuss this with you first.

The CLB has a duty of confidentiality. Anything you tell the CLB remains in confidence between you and the CLB. The CLB may not share this information with others without a reason. They may do so in certain situations, though, with your parents or school for example. They will always consult you first. If you are truly in danger, the CLB team can decide to breach this confidentiality. However, they will always discuss this with you in advance.

CLB employees are always ready to answer any questions about confidentiality.

Systematic contact moments

You are expected to visit the CLB regularly for your systematic contact moments, previously referred to as 'medical examinations'. The parents are also invited to the first systematic contact moment, during preschool. We use these systematic contact moments to closely monitor your growth and development. This is also a good time for any other questions you may have.

Additionally, the CLB provides regular free vaccinations and inoculations.

How do I reach the CLB?

- You can find contact details for your local CLB at [the Onderwijskiezer website: www.onderwijskiezer.be](http://www.onderwijskiezer.be)
- You can also chat with the CLB anonymously and free of charge. CLBch@t is there for parents too. For the opening hours, go to www.clbchat.be
- For information about courses of study, learning what to pick and various self-tests relating to interests, motivation and study strategy, go to the Onderwijskiezer: www.onderwijskiezer.be