

# Right Relationship

## Concept: Dependability

Use with Lessons on:

“The Lord is my Rock and my Foundation”

“God made us to need each other.”

Responsibility

Key Concepts:

- God created us to need others.
- God gave us parents and other adults we can count on to care for us and keep us safe.
- Right relationships need dependability / commitment.
- Healthy relationships require a balance between depending on ourselves and depending on others.

### Discussion: Who do you count on? Grades PreK—4

God created us to need others. We are all born tiny and helpless. As children, we need others to care for and protect us. Even as adults, we need to have others we can count on to spend time with and share our feelings with.

God gave us parents to care for us and protect us. In order for our parents to care for us and keep us safe, they depend on us to tell them how we are feeling and what we are experiencing.

Often, there are many

adults in our lives we can count on to care for us and keep us safe. Who are the adults you count on? Who protects you and cares for you?

When something isn't right we need to tell an adult we can count on.

### Game / Activity:

**Dependability: A Good Foundation**

**Activity: Grades 6-12**

For this activity you will need a game such as **Jenga** or **pick up sticks**, or you may have the group work together to build a “**card house**” with playing cards.

With each turn, read a brief scenario to the group. If the scenario suggests dependability / commitment, the player whose turn it is can pass (or in the case of the card house, add a card), if the scenario suggests a lack of dependability they must take a block, stick, or card from the base of the structure. As you play discuss the impact of being able to count on others in building a relationship.

**Art Activity**

**Grades 2-12**

Provide an example of something crafted with several layers of paper mache —let the students feel how strong

it is. Explain that paper mache is created by pasting layer upon layer of paper together. Contrast the strength of the paper mache with a sheet of plain newspaper. Point out that God created us to be stronger when we are in relationships with others. Work together to combine the ingredients for paper mache paste (recipe on page 5).

As you work discuss the importance of dependability—What would happen if one person failed to add their ingredient / do their part? Compare the strength of the completed paper mache with paper and flour, paper and water, paper and sugar. Conclude with the idea that dependability / commitment holds relationships together and makes them strong. (Use this discussion during any paper mache activity—or continue by having the students sculpt something that symbolizes their commitment to others.)

**Snack**

**Grades 2—6**

Make brownies (recipe on page 5), or select another recipe with a number of essential ingredients. Assign each student / group an ingredient. Have each add their ingredient at the appropriate time. What would happen if a group or individual was not dependable and didn't add their ingredient as directed?

**Snack**

**Grades PreK-2**

Give each child a plain round cookie. Provide frosting, candies, etc for decoration. Ask each child to decorate their cookie to resemble the face of a trusted adult in their lives. Before eating their snack, have each tell who the adult is that they can count on to listen and respond when they need help. Remind them to always tell a trusted adult if something isn't right.

## Discussion: Depending on others. Being Dependable. Grades 2-6

**We are born tiny and helpless. We depend on others to care for us and keep us safe. God created us to need each other. In a right relationship we count on each other to meet each other's needs.** Who do you count on in your life? What needs do they meet for you (e.g. friendship—"play together, spend time together, stick up for each other...", nurturance—"takes care of me when I'm sick, protects me, helps me be healthy, teaches me...", physical resources—

"feeds me, gives me a house to live in, ...", emotional support—"cheers me up, listens to me..." What needs do you meet for them?

**Dependability is important in all of our relationships.** Being dependable means being there when others need us, being a reliable or faithful friend.

**How can you be a dependable friend?**  
Examples: "Doing what you say you

will...not taking off with someone else just because they have a toy you want to play with or are doing something you want to do...sticking up for them ...not just leaving when the going gets tough..."

**What do you depend on your friends for?** To spend time with you? To talk to you? To be there when you need help? To be kind? To stick up for you when other's are not?

*(The Lord) only is my rock and my salvation,  
my fortress; I shall not be shaken. - Psalm 62:6*

## Discussion: Dependability in Relationships: A Balancing Act Grades 7-12

God created us to be social creatures. We need others to survive infancy and childhood and to thrive as adults. How do we know who to count on—who will be dependable—who will be there when we need them?

**Being dependable means, not only being there, but providing what we need when we need it.** Someone who is always there, but doesn't meet the needs of your relationship (e.g. love, safety, communication, forgiveness, humor, boundaries, attention...etc.) is not truly dependable.

We all need to take care of ourselves. But a healthy relationship involves a balance between meeting our own needs and meeting the needs of the other person.

**We need to have a good balance between taking care of our needs and those of others.** It's not healthy for us to be involved with someone who always puts their own needs first—And it isn't healthy to be involved with someone who tries to be everything we need.—Chances are if one person is focused solely on their own needs, the needs of the other person will not get met....and if one person gives and gives the other will take and take...

**In your relationships, look for opportunities to give, but don't empty yourself for someone else.** If you give all of your time, energy, attention, etc., to just one other person, there will be nothing left for your other relationships (family, friends, etc.)

**Be cautious of someone who tries to be all things for you.** It's not healthy for them to give up all of themselves — and it's not healthy for you to become dependent on one person.

God blesses us with many people in our lives—sometimes it may not feel as though anyone is there—but don't let that lead you to bank everything on one person. When one person becomes everything to us it leaves us without a support system if something goes wrong in the relationship and makes us more vulnerable to being used or abused by the person.

God is there, even at our loneliest times. God has a way of bringing others into our lives if we follow His lead.

# Who in your world...



doctor



teacher



group leader



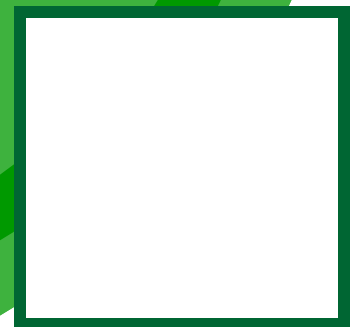
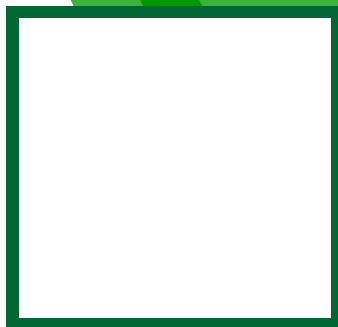
parents



dayCare provider



big brother or sister



## ...do you count on?

Circle the adults you count on in your life. If someone is missing, draw them in the boxes.

Remember: always tell a dependable adult if something's not right.

# You Can Count on Me

Dependability means that we can count on each other to meet responsibilities and respond to other's needs.

## What I Need

from:

**Friends:**

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**Teachers:**

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**Parents:**

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## What I Can Do

for:

**Friends:**

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**Teachers:**

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**Parents:**

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## Activity Grades 2-6

# Activities continued from page 1

## Recipes

### Paper Mache Paste

1/4 cup sugar  
1/4 cup flour  
1/2 teaspoon powdered alum  
1 3/4 cups water

In a medium pan, mix together sugar, flour, and alum. Gradually add 1 cup water, stirring vigorously to break up lumps. Boil until clear and smooth, stirring constantly. Add remaining water. Stir until thoroughly mixed.

Makes 1 pint.

To make objects from paper mache, cut strips of newspaper. Dip the newspaper strips in paste and place over a form of paper, cardboard, etc. Overlap each layer slightly. Paste on colored paper as the final layer, or paint after drying. Allow the paper mache to dry overnight (or longer for large projects).

Balloons, plastic bowls, cardboard tubes, crumpled newspaper, and other “recycled materials” make good forms for the basis of a paper mache project. Supply a variety of materials, to promote creativity and individual expression.

### Brownies

Flour  
Baking Soda  
Sugar  
Cocoa  
Salt  
Eggs  
Oil  
water

Mix dry ingredients together. Add eggs, oil, and water. Mix until moistened. Pour into 9X13 inch greased pan. Bake for 25 to 30 minutes at 350 degrees.

The eggs add moisture and contribute to the rising of the batter. Oil and water add moisture to the mixture—without the liquid ingredients, the mixture would be a pile of flour. With only some of the liquid ingredients, you’d have a crumbly mixture, that would likely bake into hard pellets! Without the soda, the brownies would be flat. Without flour, there would be no substance. And brownies without sugar and chocolate, just wouldn’t be brownies! Even the salt contributes to the flavor. What would happen if even one person was not dependable in adding their ingredients? To make a relationship right — and to make brownies right—dependability is important.

## Dependability: A Good Foundation Scenarios

(some examples to get you started)

Joe said that he would go to the movie with you.

Then at the last minute he decided to go to the game with Charlie.

Karla always saves you a place at lunch, even when you are late getting there.

George picks you up on time for school every morning.

Mary acts nice to you when you are around, but when you aren’t she makes fun of you.

Every time you have a disagreement with Marcy she posts mean blogs about you on her Myspace page.

When you disagree with David, he suggests a compromise. Sometimes he does things your way and sometimes you do things his way.

Ned always says he will come over, but sometimes he just doesn’t show up.

After being home sick for a week, Tina welcomes you back to school and fills you in on what you missed.

When you return to school after being sick all week, your best friend is hanging out with someone else and you aren’t invited to join in.

You share your personal feelings about something with Carol and she posts it in her blog.

As a rule, Susie doesn’t share your personal information and thoughts, but if she thinks you are headed for trouble she says, “If you don’t tell someone who can help you, I will.”

Alex is always there for you. In fact, sometimes you wonder if Alex has a life.

## Dependability / Commitment

Commitment is an important quality of right relationships. In order for a relationship to promote growth and meet our needs, both individuals need to know they can count on each other. Check out the following qualities of committed relationships.

### Signs of Commitment

*Which "signs" do you see in your significant relationships?*

- "In it for the long haul"...doesn't give up or skip out at the first sign of difficulty.
- There when you need them.
- Not just focused on themselves—makes choices with both of your interests in mind.
- Identifies the relationship as important and it shows in their actions.
- Meets responsibilities.
- Honors promises, agreements, shared goals.
- Doesn't threaten to leave or give ultimatums when things don't go their way.
- Willing to make compromises to benefit the greater good.
- Tolerant of honest mistakes and willing to problem-solve.



# Dependability

This week we discussed the Right Relationship concept of dependability and commitment in the context of our religious education lesson.

Younger grade levels (PreK-2) Discussed how God created us to need others and gives us parents and other adults to care for and protect us. They identified adults they can count on and were encouraged to tell a trusted adult if something isn't right.

Grades 2-6 discussed the concept of dependability—depending on others and being dependable. They were encouraged to be dependable friends.

At the middle school / high school level, students discussed the balance between depending on others, taking care of others, and taking care of ourselves.

If your child reports concerns about a relationship with an adult or peer, or if you would like more information about right relationships, please contact the Diocesan Child Protection Office (308)382-6565 or [cpo@gidiocese.org](mailto:cpo@gidiocese.org).

## Luke.6

*[48] he is like a man building a house, who dug deep, and laid the foundation upon rock; and when a flood arose, the stream broke against that house, and could not shake it, because it had been well built.*

*[49] But he who hears and does not do them is like a man who built a house on the ground without a foundation; against which the stream broke, and immediately it fell, and the ruin of that house was great."*

## Psalm 62

*[2] He only is my rock and my salvation, my fortress; I shall not be greatly moved.*

*[6] He only is my rock and my salvation, my fortress; I shall not be shaken.*

## 2Sam.22

*[2] He said, "The LORD is my rock, and my fortress, and my deliverer,*

*[3] my God, my rock, in whom I take refuge, my shield and the horn of my salvation, my stronghold and my refuge, my savior; thou savest me from violence.*

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**Activity Examples**

Activity Grades PresK - 2 Page 3

### Who in your world...

**...do you Count on?**  
Circle the adults you count on in your life. If someone is missing, draw them in the boxes.  
Remember: always tell a dependable adult if something's not right.

Page 4 Activity Grades 2-6

### You Can Count on Me

Dependability means that we can count on each other to meet responsibilities and respond to other's needs.

What I Need from:	What I Can Do for:
Friends:	Friends:
To play with me _____	Help them _____
To listen to me _____	Play with them _____
To help me _____	Share with them _____
To be kind to me _____	Be kind to them _____
Teachers:	Teachers:
To teach me new things _____	Appreciate them _____
To answer my questions _____	Listen to them _____
To help me when I am stuck _____	Follow the rules _____
To watch over me _____	Learn from them _____
Parents:	Parents:
To love me _____	Help them _____
To care for me _____	Cooperate with them _____
To feed me _____	Love them _____
To help me _____	Listen to them _____

## Add this to your Resource Binder

Please keep these materials and add them to the resource binder for your catechists.

If you have ideas for future issues, questions, or feedback on the materials you have received to date. Please contact the Diocesan Child Protection Office at (308) 382-6565 or cpo@gidiocese.org.